

Lime Yogurt Pound Cake Pops + Yogurt Glaze + Sweet Apple Slaw + Limetastic Shakes



lime pound cake pops

preheat+zest+chop

Preheat your oven to 400 degrees. Have your kids zest the outside of **1 lime** (only the green part!) and chop (or grate) **½ apple** into the smallest bits ever.

measure+whisk

In a medium bowl, have your students measure and combine **1½ C flour**, **½ tsp baking powder**, **½ tsp baking soda**, and **½ tsp salt** and whisk together until combined. In a large bowl, have your student crack **3 eggs** and then add **1 tsp vanilla extract**, **⅓ C lime juice**, **2 T butter** (softened to room temperature) **1 C sugar** (or **½ C sugar & 1 tsp stevia** for lower sugar cakes), **¼ C vegetable oil**, **2 T plain yogurt**, **¼ C of your chopped/grated apple**, and your **lime zest**.

pour+combine

Pour your dry ingredients into your wet ingredients and whisk until smooth.

bake+cool+drizzle

Fill the wells of a lined or greased cupcake tray $\frac{3}{4}$ full with batter and bake for 18-20 minutes, or until a toothpick inserted into the cupcakes comes out clean. Remove from the oven and cool. Once cooled, drizzle yogurt glaze over pound cake pops and enjoy!

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Family Fun Recipes

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yummy yogurt glaze

measure+whisk+adjust

Have your kids measure **½ C powdered sugar**, **1 tsp lime juice**, and **1 tsp plain yogurt** together in a small bowl. Whisk everything together until smooth, creamy, and a little thick. Add more sugar, if too thin, and add more yogurt and/or lemon juice, if too thick. Drizzle over cupcakes once cooled!

sweet apple slaw

chop+add

Have your kids chop, chop, chop **2-4 apples** and add to a bowl. Add **2-3 tsp sugar (or ½ tsp stevia)**, **1 tsp lime juice**, **a tiny pinch of salt**, and **a drop of vanilla extract**.

toss+rest

Toss apples in the other ingredients and let rest to the side a bit for flavors to meld. Serve with the glazed pound cakes and shakes!

limetastic shakes

measure+blend

The preparation couldn't be simpler - have your kids measure **1½ C plain yogurt**, **2 C ice**, **2 T sugar (or 1-2 packs of stevia)**, **2 T lime juice**, and **a drop of vanilla extract** into your blender (or a pitcher for use with an immersion blender). Blend until smooth. Spoon the mixture into cups and serve immediately!

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shopping list

Lime Yogurt Pound Cake Pops

- | | |
|--|--|
| <input type="checkbox"/> 1 ½ C flour | <input type="checkbox"/> 2 T butter, room temperature |
| <input type="checkbox"/> ½ tsp baking powder | <input type="checkbox"/> 1 C sugar (or 1/2 C sugar + 1 tsp stevia for lower sugar cakes) |
| <input type="checkbox"/> ½ tsp baking soda | <input type="checkbox"/> ¼ C vegetable oil |
| <input type="checkbox"/> ½ tsp salt | <input type="checkbox"/> 2 T plain yogurt |
| <input type="checkbox"/> 3 eggs | <input type="checkbox"/> ¼ C apple, chopped or grated |
| <input type="checkbox"/> 1 tsp vanilla extract | <input type="checkbox"/> zest of 1 lime |
| <input type="checkbox"/> ⅓ C lime juice | |

Yummy Yogurt Glaze

- ½ C powdered sugar
- 1 tsp lime juice
- 1 tsp plain yogurt

Sweet Apple Slaw

- 2-4 apples
- 2-3 tsp sugar (or 1/2 tsp stevia)
- 1 tsp lime juice
- tiny pinch of salt
- drop of vanilla extract

Limetastic Shakes

- | | |
|--|--|
| <input type="checkbox"/> 1 ½ C plain yogurt | <input type="checkbox"/> 2 T lime juice |
| <input type="checkbox"/> 2 C ice | <input type="checkbox"/> drop of vanilla extract |
| <input type="checkbox"/> 2 T sugar (or 1-2 packs stevia) | |

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The History of Pound Cake!

Pound cakes are one of the easiest things to bake. You don't even need a recipe to make one, because the recipe lies within the name. Pound cake gets its name from the fact that it calls for a pound of flour, a pound of butter, a pound of sugar, and a pound of eggs. That's it!

If that sounds like a lot of cake, you can cut the ingredients in half - so long as the ratio remains the same, that's all that matters. No leaveners were originally used other than the air whipped into the batter. In the days when many people could not read, this simple convention made it easy to remember the recipe. However, a cake made of 1 pound each of butter, sugar, eggs, and flour would have been very large and would have been able to serve multiple families. As the years went by, the portions of the ingredients were adjusted to make a smaller, lighter cake. However the name of the cake stuck.

The original recipe dates back to the 1700s in England, but today many variations can be found of this simple cake. People have begun adding leavening to make it less dense; orange zest to give it a burst of flavor; chocolate to make it more, well, chocolatey! That's the beautiful thing about pound cake: it's a blank canvas, that's pretty much fool proof, for whatever your heart desires!

The surprise ingredient of the week is: Lime!

- ★ **Limes are a member of the citrus fruit family, which includes lemons, oranges, and grapefruits.** Limes are the fruit of tropical citrus tree, closely related to lemons.
- ★ **Limes are native to Southeast Asia and probably originated in Indonesia or Malaysia.** Today, India grows most of the world's limes.
- ★ **Limes are ripe and give more juice when they are yellow in color, NOT dark green.**
- ★ **Limes are an excellent source of vitamin C, though not as good as lemons.** Limes also contain potassium, folic acid, iron, and calcium. Lime juice is very beneficial for your skin, hair, digestion, and eyes when eaten, due to the presence of vitamin C and flavonoids.
- ★ **Limes, have very little natural sugar in them.** A whole lime has only 1 gram of sugar in it, whereas an orange has 12 grams of sugar.

Time for a laugh!

What did the lime say to the cake? Sour you doing?

Why did the students eat their homework? Because the teacher said that it was a piece of cake!

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